

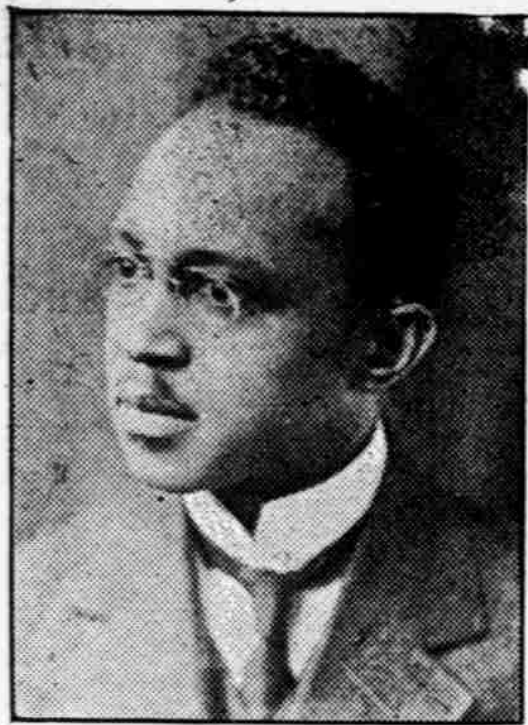
Talks on

HEALTH,
CLEANLINESS,
PROPER LIVING,
SANITATION, ETC.

BY

Dr. W. A. DRIVER

3300 So. State Street
Phone Douglas 3617



SUNSTROKE.

Sunstroke called heat exhaustion, insolation, thermic fever, heat stroke, country fever, Florida fever, siriasis, and in the tropics called fiebre inflammatore or Coup de Soleil is a disease produced by exposure to excessive heat. Heat exhaustion and sunstroke are different conditions, manifesting different symptoms.

Heat exhaustion is due to prolonged exposure to high temperatures, especially if it is combined with physical exertion in an individual who is below the standard of moral health. What ever interferes with the body functions predisposes the individual to the danger of heat exhaustion. The use and abuse of alcoholic beverages such as beer, whiskey and the like is acknowledged to incline those who are exposed to prolonged heat to the condition known as heat exhaustion. Overindulgence in food, another form of intemperance is a predisposing factor in the production of heat stroke or heat exhaustion. The symptoms are varied from restlessness to extreme prostration, collapse, unconsciousness, emotional irritability, delirium and even violent insanity. It does not require the individual to be exposed to the direct rays of the sun but the disease may manifest itself in the night or when in

doors during hot weather or while at work near artificial heat.

Sunstroke requires exposure to the rays of the sun and a body subnormal on account of errors of commission or of omission. Soldiers on the march with their heavy equipment are particularly liable to suffer sunstroke. Teamsters and others who labor under the direct rays of the sun, particularly those who drink heat producing drinks and who disregard the rules of clean living are most liable to suffer sunstroke.

Heat exhaustion often presents a subnormal temperature, as low as 95 or 96 degrees Fahrenheit while in sunstroke the temperature is high, as high as 110 degrees in severe cases.

Death is sometimes instantaneous with symptoms of heart failure, difficult breathing and fainting. When consciousness returns and the temperature falls recovery is probable.

The best treatment is preventive treatment. Eat little and drink no alcoholic drinks and avoid excessive heat artificial or natural. Take cold baths as often as is compatible with comfort even three times a day in the hot weather. Keep cool mentally and physically. If the disease comes, apply cold wet cloths to the forehead and call the doctor as soon as possible.

Charles E. Stump Lands in Waco, Texas

Waco, Texas.—I am now numbered among the veterans, and it will now not be long before I will be in the histories studied in the public schools and the children will all call me blessed, and the Lord will be willing to tell me a few things.

It has been a question in my mind how people got their names in books and in history of the country, but never could find out until I had that battle back on my farm in Kansas with them bed bugs and their allies, fleas and flies, but as I cleaned up, I could almost class myself with the Germans.

I don't know what I want to be, although I stood alone. I did not have any help at all until I got to Kansas City, and then it was only a woman. She put out of business the creeping thing and that was sufficient. I will soon have before my name either Colonel or General Stump, and I will be some pumpkins then.

Of course you know I have been riding since then, because I came right on into the south. You will remember the days I spent in Jackson, Miss., attending the session of the Baptist State-convention, which was presided over by Dr. A. M. Johnson, of Vicksburg, Miss. Now that was the regular Baptist convention. Don't know when I have seen so many people together. They were there from all parts of the State, and were there to transact business as I told you in my last letter. I think I told you what happened.

I wish you could have seen Dr. E. P. Jones, how sick he looked when that thing was over. He was disappointed, and I tell you it is an awful thing to be disappointed. He made sure that them people were just going to fall all over themselves getting to him, but behold this was only a dream, because only a few followed him, and then after he had organized his convention, the old convention withdrew the hand of fellowship from him, and he had to go alone. This same thing was done from the Rev. Dr. G. W. Gayles one of the leaders, who was elected the president.

I saw these people get organized, talked with the leaders for a while and then I turned my attention to leaving the town. It was a nice thing to be in the convention and to talk with them people and them leaders. While I was in Jackson, I was doing some thinking. I thought of what Mississippi used to mean to the Masonic fraternity. I thought of them big grand masters, and all them big men, and then I thought of the death of Grand Master E. W. Lampton, and later the death of the Grand Lodge, so far as the Masonic Benefit Association was concerned. The grand lodge is still living with W. W. Phillips Grand Master. He is trying to pull it up again, and perhaps will be successful.

known by many that she was in the city. Those present enjoyed the talk she gave and we hope it will bear good fruit. They need more women to help the good work along.

BOYS PUMPED WELL DRY.

Wanted to See a Water Wheel Work and Left Their Play.

Brazil, Ind.—Finding that surface water running into his well had made the water impure, a citizen of Brazil started to pump his well dry. After pumping half an hour in the hot sun, he gave up the job.

Then he made a miniature water wheel, which he attached to the end of a trough. After he had attracted the attention of several boys who were playing on a vacant lot, he went to his work. When he returned in the evening the boys had pumped the well dry to see the wheel go round.

MAINE GETS NATIONAL PARK.

Reservation Comprises 5,000 Acres on Mount Desert Island.

Washington.—Creation of the first national park east of the Mississippi river, comprising 5,000 acres on Mount Desert Island, Maine, was announced by the interior department. It will be known as Sleur de Monts National monument.

The tract was donated to the federal government. Its northern boundary is only a mile from Bar Harbor, and several popular summer resorts lie near it. There are ten mountain peaks and four lakes within the tract.

Cuts Wheat at Night.

Salina, Kan.—Frank Johnson, a wheat grower in this county, is this year cutting wheat by electric light, using the illumination on the front of a large tractor, which pulls several binders. This is an innovation that is working satisfactorily. Haste is made necessary by the rapidly ripening wheat.

Then before the Knights and Daughters of Tabor went to the wall, with Rev. A. A. Cooley as Chief Grand Mentor, and they have not been able to pull up again. It was a strong jurisdiction when it was living. But it is a thing of the past now. But that is not all, just a few weeks ago, the grand lodge of Knight of Pythias had to close their doors, and Young Vadaman was appointed the receiver. He is going to close out their affairs and then they will have to try to do some other kind of business. It is hard to see these things close out, because they will have a hard time. The Jakes and the Odd Fellows are still living and I hope that they may continue to live and do all the good they can for humanity.

There are only two banks left in Mississippi now, and just a few years ago they had fourteen. They have some good insurance companies, and they are going on to do business. They declare that they will never go out of business, but will go on and on to bless mankind. They are going to be there to comfort the widows and orphans, and I hope that this will be done.

Now I left Jackson, Miss., bright and early on Saturday morning and was in Dallas Texas Saturday evening, and that is doing some riding, believe me. Many people thought that it was impossible, and I was thinking so too until it happened, and this is how it was done. I rode over the V. S. & P., to Shreveport, and found the T. & P., there waiting for me. Well this connection was made, and at Marshall I made another change and at 7:30, I was in that Pythian Temple in Dallas. I spent Sunday in the city, the guest of Rev. Dr. J. F. Williams, pastor of St. James A. M. E. Church, and had the pleasure of preaching for him Sunday morning, and for Rev. J. S. Ladelle Sunday night, and Monday morning found me right here in this town, for the meeting of the convention.

What I am trying to tell you is that I left there for Waco the place where I was when I started this letter, but I did not get through with it, and I took up this paragraph of it in Helena, Ark., hence you see I have been doing some riding since I started to write to you.

I am now unable to tell you how I felt in that town in Texas the place where the young man was burned at the stake a few weeks before, and it is still in the memory of the people. The White people tried to see just how nice they could be, except one conductor on the railroad and he forgot himself. I mean on the street car. He wanted to have a little fight with me, but I carried it up to the superintendent, and he thanked me for bringing it, and assured me that it would not happen again.

I have said enough for this week, but will have more to say to you another time. Let me hear from you when you have the time.

TORCH CLEANS OUT JOINTS.

Oklahoma Girl Fires Places Where Father Spent Money.

Bartlesville, Okla.—The torch is the most effective weapon to be used in fighting joints, according to the notion of a nineteen-year-old Copan girl who admits she fired a Copan pool hall and rooming house where intoxicating liquors are said to have been sold and which has just been closed by an injunction.

The girl says her father was spending all his time and money there. Copan is on the booze trail leading out of Kansas into Oklahoma. The girl has warned all bootleggers that the town is to remain closed. She even threatens to form a squadron of women to be known as "High Jackies" to war against the liquor traffic.

COLLEGE HOUSE GOES.

Old Harvard Dormitory to Be Torn Down For Hotel.

Cambridge, Mass.—Harvard university has disposed of the College House, one of its oldest dormitories, and the purchasers will tear down the old building and erect a modern structure, which is to include a family hotel, the first one the city has had for several years.

In the deal it is said that Randolph Hall, a Gold Coast dormitory, was one of the parcels exchanged. The college authorities are planning to buy other private dormitories and thus control exclusively the housing of the student body.

Fish Lived in Box Nine Months.

Beloit, Kan.—Last October Ray Corn caught eleven catfish in the river near here and placed them in a "live" box for safe keeping over night. The next day the fish, box and all, were gone. The water is low, and Corn accidentally found the box stuck in the mud. In raising the box two of the fish escaped, but the rest were as lively as when he placed them there. Enough food floated through the cracks to keep them alive.



THE BLUE BOOK OF ILLINOIS SOUNDS THE PRAISE OF MAJOR ROBERT R. JACKSON IN THE FOLLOWING MANNER.

ROBERT R. JACKSON OUR CANDIDATE FOR THE LEGISLATURE

(His Life History and Record taken from the Blue Book issued by the Secretary of State, Springfield, Illinois, 1914.)

It is necessary to place a Cross [X] in front of his name in addition to the Cross in the Party Circle.

DO NOT FAIL TO DO SO!

JACKSON, MAJOR R. R. (Representative, Republican) 435 East Thirty-seventh street, Chicago, was born in Malta, Ill., Sept. 1, 1870, and received his early education in the public and high schools of Chicago. He obtained his early business training by working as a newspaper merchant. He sold papers at Harrison and State streets nearly forty years ago, and by this he was able to care for his grandmother for a number of years and at the same time attend school. He also worked as an elevator conductor. Jackson only used his elevator position, however, as a means to an end, because while in this position he met many of the leading men of the city. He took civil service examination, made good marks and was appointed to a clerkship, in the Chicago post-office, where he made a good record, serving twenty-one years. For twelve years Major Jackson served as assistant superintendent of Armour station, the highest position held by any member of his race in the Chicago postoffice system. He is a charter member of the Eighth regiment, national guard, and is at the head of one of the largest printing establishments in Chicago. For a young man he has a splendid record as a soldier. During the Spanish-American war when the Eighth Illinois regiment was ordered to the field Major R. R. Jackson was ready for duty. He made many friends in Cuba and showed while there his military ability. Major Jackson was elected a member of the Illinois legislature, and was seated just a short time before the legislature adjourned sine die. He made good use of his opportunity. Immediately upon being seated in the house of representatives Speaker McKinley recognized his worth by appointing him on the following committees: Chicago charter, fraternal and mutual insurance, federal relations, military affairs, miscellaneous subjects and municipal courts of Chicago. The fiftieth anniversary of the emancipation of the slaves claimed his attention and he supported a bill appropriating \$25,000 for that purpose, which went through without opposition, receiving a unanimous vote.

PONY SAVES BOY'S LIFE.

Keeps Vicious Bull Away From Young Master in Nebraska.

Fairfield, Neb.—A pet pony ridden by Aubrey Craft, son of Albert Craft, living north of this place, is believed to have saved the boy's life while he lay unconscious after an attack by a vicious bull.

When the boy failed to return after having gone for the cattle a search was started. He was found lying in the pasture, his face badly torn. He was unconscious. Near by was his pony.

The tracks in the dirt showed the little animal had raced round and round the unconscious boy, keeping away the bull that had attacked him. Later, when driven near the bull, the pony attempted to attack the animal.

CAT DIVES FOR FROG.

Maine Man's Story of His Wonderfully Bright Angora.

Bangor, Me.—Warren Clement of Millvale while at work in his hayfield heard a lot of splash in a pond near by and, thinking that perhaps a horse mackerel had got into the sheet of water, noiselessly approached the spot and was astonished, although he knew that he had one of the brightest cats in Maine, when he saw his pet Angora con cat dive from a stump and disappear in the water, only to reappear within a few seconds bearing a frog in its mouth.

Depositing the now lifeless frog on the ground, the four footed con gained the stump again, crouched, another spring, another dive, another swim and another frog.

WENDELL'S SON LICKED BULLY

Boston Mother Had Boy Taught to Use His Fists.

Boston.—A Boston mother, a leading figure in feminine activities, has sent her boy to a boxing instructor to learn to protect himself against a bully.

The son was taught to use his fists. The next time the bully molested this boy he met scientific resistance which made him let the youth alone.

The mother is Mrs. Barrett Wendell, president of the Special Aid society. Her husband is the Professor Wendell of the department of English at Harvard.

"I would advocate the same teaching for the girls," said Mrs. Wendell. "Probably some juvenile might answer."

EX-CONVICTS NEAT

Leave Missouri Penitentiary With Stylish Suits.

NOT SPOTTED BY OUTSIDERS.

Even the Children of Jefferson City Can't Recognize Freed Prisoners in Their Tailored Checked Suits, Attractive Ties and Stylish Hats.

Jefferson City.—The man who is released from the Missouri penitentiary today does not have the appearance of the one who was liberated a few years ago, and he is no longer spotted by the children in the town as an ex-convict.

Instead of the suit of a dull brown mixture, the coarse shirts and the heavy, squeaking brogan shoes that marked him a few years ago, the present warden, D. C. McClung, has made it possible without additional expense to the state for the men to leave the prison in neat suits of fine checked patterns, such as any man might select.

These suits are made to measure of cloth manufactured in the prison. And in addition to these suits the freed convict wears attractive shirts, pretty ties and stylish hats.

By careful buying Mr. McClung has bought shirts that would retail at three or four times the price. Neat overcoats are given the men who go out in cold weather. All this work comes under the head of the commissary department, which has undergone an overhauling.

Carl McClung, son of the warden, has taken the commissary out of a small dungeon of a room to a good, clean building that formerly was used as an overall factory.

All the edibles and wearing apparel are kept in this building. Every piece of clothing, every bag of flour and every pound of all stuffs used is ticketed and can be checked up.

In a small store where the convicts may buy, run by Carl McClung, the convicts are charged just what the food would cost them outside except in the case of a few items, which are sold at less than cost.

WALTER'S A. M. E. ZION CHURCH AND LOCAL NOTES.

By Wm. J. Burdin.

In keeping with the custom on quarterly meeting occasions, the Rev. G. W. Register the presiding Elder of the Chicago District filled the pulpit at the morning and evening service. Rev. A. J. Carey, D. D. Ph. D. in his usual manner delivered a most eloquent sermon at three P. M. at which time the Sacrament of the Lord's Supper was administered by the presiding Elder, assisted by Revs. Powell, Transue Rivers and Dr. Blackwell the pastor.

SERVICES FOR SUNDAY, AUGUST 6TH, BIG RALLY DAY.

Bishop G. L. Blackwell, A. M. D. D. of Philadelphia, Pa., in charge of the 5th Episcopal District will preach at 10:45 A. M. and 7:45 P. M. the three P. M. sermon will be preached by the pastor some visiting minister.

Sunday school at 1:30 P. M.

Rev. G. W. Rivers, Superintendent.

The Young Women's Home and Foreign Missionary Society met at the church Wednesday eve assisting in the mid-week prayer service. Miss Virginia Claxton, president.

Mrs. Mary Ezell of 5130 Wabash Ave. is improving rapidly much to the delight of her many friends.

Stewardess Board No. 1 was entertained by Mrs. Sea, S. Federal St., Tuesday eve, Mrs. India Smith, president.

Stewardess Board No. 2 met with the president, Mrs. M. J. Green, 4012 S. Dearborn St., Wednesday eve.

Mr. J. Alex. Mobley the president of the ushers board desires much credit for the manner in which he and his board take care of the seating of the people, etc.

Mrs. Sallie Luttrell of Knoxville, Tenn., who is visiting her daughter, Mrs. M. E. Carmichael of 3822 State St., says she is being delightfully entertained.

Among the prominent Knoxville visitors who attended the Methodist Union outing at Dellwood Park Thursday, were Mrs. Martha Scott, who is visiting her daughters, Mrs. Annie S. Lee and Mrs. W. H. McNeally. Mrs. Laila E. Fugett, Miss Anna B. Davis Pearl Bruce and Sylvia Kidd who are teachers in the city school in Knoxville. Mrs. Emma Renfor of Pittsburgh, who is the guest of her son and daughter at 1256 Millard Ave., also attended Dellwood Park outing.

The Varick Christian Endeavor will dispense of their regular meetings during the month of August by order of Dr. E. E. Middleton the president.

CHIPS

On to Baltimore is now the slogan of the women.

The State Federation of Women's clubs will meet in Champaign, Ill. the last week in August. Many delegates will go from here.

Dr. and Mrs. Wm. Bradley of 3849 State St. are planning to motor to Michigan in the near future to be gone a week or ten days.

William H. Clark, one of the Deputy Clerks of the Municipal Court, at the South Clark Street Police Station, is spending his vacation at St. Joe Michigan.

Miss Gertrude Hart, 3238 Vernon avenue, is at Hot Springs, Ark., enjoying the baths for the benefit of her health. She will remain there for the next two or three weeks.

The Phyllis Wheatley club meetings will be resumed the third Wednesday in September. All members please take notice and be present. The new officers will then be installed.

While Attorney R. A. J. Shaw, is at Fort Sam Houston, Tex., with the 8th Illinois National Guard, Mrs. Shaw and the children have removed from 3717 Forest avenue to 3616 Calumet avenue.

Mrs. S. R. Peyton has moved into her beautiful new home at 3810 Prairie Ave. It is modern in every particular and shows great ability on the part of Mrs. Peyton in managing so successfully the building and finishing of such a pretty and comfortable home.

Attorney Richard Hill, Jr., whose offices are located in the Mid-City Bank Building, Halsted and Madison streets, returned home the first of the week from a visit to Kentucky and his old home Nashville, Tenn., where he says the weather is seven times hotter than it has been in Chicago.

Miss Maude J. Roberts, 3231 Vernon avenue entertained Miss Myrtle Hurst, Miss Pearl Rhodes and Miss Beatrice Lee with a trip through Lincoln Park returning by way of the lake and landing at the new municipal pier. The ladies are much pleased with the courtesies being shown them.

Mrs. Cintha Nilson and daughter Miss Rena, of Oklahoma, after spending six weeks in this city will return to their home after a few days visit in Kansas City and other points. Miss Rena is one of the teachers in the Guthrie schools and has been studying at Chicago University while here.

Mrs. Booker T. Washington addressed the women of the Y. M. C. A. Sunday afternoon at 5 P. M., not a very large crowd greeted her as it was not